

2019 WCAP WELLNESS COMMITTEE MEETING MINUTES

Date: March 28, 2019

Time: 2:00-3:30pm

Facilitator: Caitlin Roberts and Susan Williams

In Attendance

Caitlin Roberts, Susan Williams, Donna Johnson, Cortney Simmons, Kelly MacDougall

Committee Meeting

1. Welcome and Introductions
 - i. Caitlin Roberts- Health Nutrition Safety Coordinator
 - ii. Susan Williams- Disabilities and Mental Health Coordinator
 - iii. Donna Johnson- Program Administrator
 - iv. Cortney Simmons- Home Based Visitor Specialist
 - v. Kelly MacDougall- Education Specialist Newark
 - vi. Many other members were unable to attend due to conflicting schedules
2. Ice Breaker – What does wellness mean to you?
 - a. Each member in attendance talked about what wellness meant to them.
 - i. 3 Pillars of Balance: Food, Fitness, Mindset
 - ii. Holistic and all encompassing
 - iii. Setting achievable goals for your overall health that are manageable
3. Member Roles, Expectations, and Ground Rules
 - a. Ground Rules:
 - i. Always be respectful to all members and their opinions

- ii. Positivity is Key
- iii. Come to meetings prepared and active
- iv. If you have a concern or problem come please let us know immediately

4. Mission Statement and Goals for the year

Mission Statement: "To improve the health, well-being and quality of life of all Wayne County Action Program employees by empowering people to promote and model positive attitudes and behaviors through a lifelong commitment to wellness."

5. Plan moving forward

- a. Future meetings – Monthly Meetings
- b. Next Meeting date: April 10, 2019 12pm Lyons Bus Garage
 - i. Future meetings will be held at noon on Fridays
 - 1. Beginning in May

6. Brainstorm Activities and Events

- a. Activities
 - i. Wayne Cap Pinterest Page to share fitness ideas and healthy recipes
 - ii. Color Run
 - iii. Physical Fitness Challenge during the month of May
 - 1. 5 week challenge beginning on May 3, 2019
 - 2. Results presented at all Staff Day on June 7, 2019
 - 3. Challenge will be planned during the month of April
- b. Events
 - i. June 7 All Staff Day- Wellness Event
 - 1. Wellness booths to present information
 - a. Stations with passport stamps
 - b. Raffle at the end of day

2. Choose My Plate Food Facts Game

- a. Fun activity to get staff excited about nutrition information

ii. September Training Day Picnic

7. Discuss budget and the potential to offer incentives

- a. Possible sources of donations: Wegmans, Walgreens, CVS, Local Stores, Refuel, EverYoung Natural Foods, Imprint Coffee, Cornell Cooperative Extension, Burnaps, Fowlers
- b. Donations
 - i. Air Fryer
 - ii. Thirty-One Items

8. Plan First Physical Activity Challenge

- a. Will be planned at the April 10, 2019 Meeting
- b. Please bring ideas and be ready to finalize decisions for the first fitness challenge

10. Member Sharing and Closing Remarks

Donna Johnson shared about the Chronis Disease Self Management Program (CDSMP). We are encouraging both staff and parent participation. Each class has a cap of 15 people. This is a six week program encouraging participants to make a life-long change that will greatly impact the way they manage chronic symptoms, get more sleep, making healthier eating choices, and so much more. Every person who completes the program (attends 4/6 sessions) will receive \$50 and another \$50 after completing a survey 6 months post program. For more information, please refer to the attached flyer or contact Donna Johnson.

Please contact Caitlin or Sue with any questions or concerns.